

# MamaMacros Lactation Support Meal Plan

## Daily Goals

Calories: ~2,000–2,200 (adjust as needed for hunger and supply)

Protein: 90–110g

Hydration: At least 90–100 oz water per day

Key nutrients: Iron, calcium, omega-3s, complex carbs, and galactagogues (milk-boosting foods)

## ■ Breakfast – Oatmeal Power Bowl

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- 1 Tbsp ground flaxseed
- 1 Tbsp almond butter
- ½ banana (sliced)
- 1 tsp honey (optional)

**Why it helps:** Oats, flaxseed, and almonds support milk production and energy.

**Macros:** 350 kcal | 10g protein | 12g fat | 45g carbs

## ■ Mid-Morning Snack – Greek Yogurt & Berries

- ¾ cup full-fat Greek yogurt
- ½ cup mixed berries
- Sprinkle of chia seeds

**Macros:** 200 kcal | 15g protein | 8g fat | 20g carbs

## ■■ Lunch – Chicken & Quinoa Bowl

- 4 oz grilled chicken breast
- ½ cup cooked quinoa
- ½ cup roasted sweet potatoes
- ½ cup steamed spinach
- 1 tsp olive oil drizzle

**Macros:** 450 kcal | 35g protein | 15g fat | 35g carbs

## ■ Afternoon Snack – Oatmeal Almond Smoothie

- 1 cup almond milk
- ½ frozen banana
- 2 Tbsp oats
- 1 Tbsp almond butter
- 1 Tbsp ground flaxseed

**Macros:** 300 kcal | 10g protein | 15g fat | 30g carbs

## ■ Dinner – Salmon, Brown Rice & Broccoli

- 5 oz baked or grilled salmon
- ½ cup cooked brown rice

- 1 cup steamed broccoli
- Lemon and olive oil drizzle

**Macros:** 500 kcal | 40g protein | 18g fat | 35g carbs

## ■ Evening Treat (Optional)

- 1 oz dark chocolate
- Handful of walnuts

**Macros:** 200 kcal | 5g protein | 15g fat | 10g carbs

## ■ Hydration Tips

- Drink a full glass of water every time you pump or nurse.
- Try herbal teas that support lactation (fenugreek, blessed thistle, moringa).

## ■ Grocery List

Category	Items
Grains	Rolled oats, quinoa, brown rice
Protein	Chicken breast, salmon, Greek yogurt, almond butter
Produce	Bananas, berries, spinach, sweet potatoes, broccoli
Pantry	Olive oil, chia seeds, flaxseed, almonds, dark chocolate
Dairy/Alternatives	Unsweetened almond milk
Extras	Honey, lemon, herbal tea (fenugreek, moringa)